

Health and Wellness:
Health Benefits of Collagen and Gelatin

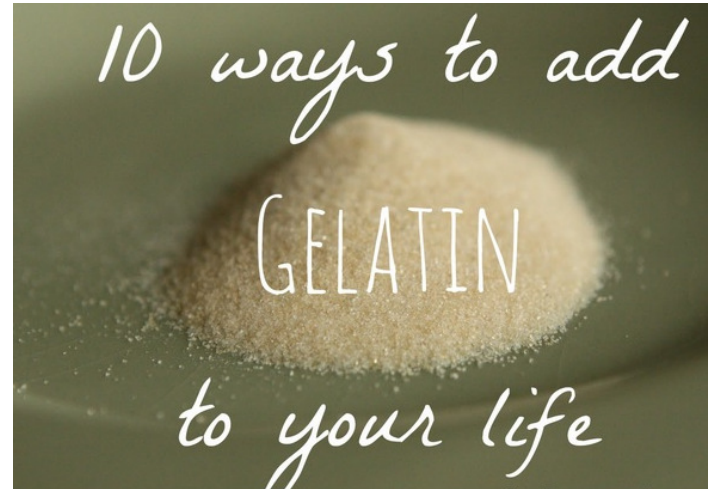
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Consider something overlooked that might be one of the best answers to some of your most difficult health problems – collagen and/or gelatin. While gelatin is actually a unique and valuable protein, it does not occur in nature as gelatin. Instead, it is a protein from animal products that begins as collagen.

Collagen/Gelatin's Many Benefits:

There is a tremendous number of uses for collagen/gelatin including:

balancing hormones;
boosting energy;
decreasing wrinkles;
improving arthritis, autoimmune disorders, hair quality, osteoarthritis, rheumatoid arthritis and weight loss;
reducing abdominal pain, acne, allergies, anxiety, bloating, constipation, fatigue, food sensitivities, out-of-control appetite, painful bowel movements, stress-induced insomnia and tooth decay;
reversing inflammation; and
strengthening brittle and non-brittle bones, joints, and fingernails.



Some people also use gelatin to shorten recovery after exercise and sports-related injury.

How do they work?:

Gelatin contains collagen which is one of the materials that makes up cartilage and bone.

Ask Your Doctor:

Discuss adding collagen/gelatin in some form to your diet with a nutritionally-informed physician. It can be added to one's diet safely for most people. WebMD states: "There's some evidence that gelatin in doses up to 10 grams daily can be safely used for up to 6 months." Discuss if longer is right for you.

How to Obtain Collagen/Gelatin:

Some people consume a daily regimen of bone broth which can produce results within a couple of weeks. There are many recipes available as well as in supplement form from a good quality manufacturer.

Special Precautions & Warnings:

Because not enough is known about the use of collagen/gelatin in medicinal amounts during pregnancy and breast-feeding, it is best to keep on the safe side and avoid use.

As with any health issue, it is important to learn as much as you can. Here are a few links to get you started:

- (1) <http://www.webmd.com/vitamins-supplements/ingredientmono-1051-gelatin.aspx?activeingredientid=1051&activeingredientname=gelatin>
- (2) <http://wellnessmama.com/7419/gelatin-uses/>
- (3) http://www.gmap-gelatin.com/about_gelatin.html

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